



## Satay Chicken Pasta Salad

*This delicious and colorful main-dish salad gets its distinct flavor from a simple dressing inspired by Thai peanut sauce.*



- 8 oz uncooked bow tie pasta
- 1 cup lite Asian vinaigrette salad dressing
- 2 tbsp **Asian Seasoning Mix**
- 2 tbsp peanut butter
- 2 medium carrots, peeled
- 1 medium red bell pepper
- ½ cup dry-roasted peanuts
- 1 cup lightly packed fresh basil
- 3 cups diced cooked chicken (about 1 lb)
- Additional chopped peanuts (optional)

1. Cook pasta according to package directions in **(4-qt.) Casserole**. Drain pasta using **Colander**; rinse under cold running water. Once pasta is cool, transfer to **Stainless (6-qt.) Mixing Bowl** and set aside.
2. Meanwhile, for dressing, combine vinaigrette, seasoning mix and peanut butter in **Small Batter Bowl**; mix well using **Stainless Whisk** and set aside.
3. Cut carrots into julienne strips using **Julienne Peeler**. Cut bell pepper lengthwise into ¼-in. strips using **(5-in.) Santoku Knife**. Cut carrots and bell pepper strips crosswise into 1-in. pieces. Chop peanuts using **Food Chopper** and basil using **Chef's Knife**.
4. Add chicken, carrots, bell pepper, peanuts, basil and dressing to pasta; mix well. Garnish with additional chopped peanuts, if desired.

Yield: 6 servings

Nutrients per serving (about 1½ cups): Calories 450, Total Fat 16 g, Saturated Fat 2 g, Cholesterol 60 mg, Carbohydrate 45 g, Protein 31 g, Sodium 750 mg, Fiber 3 g